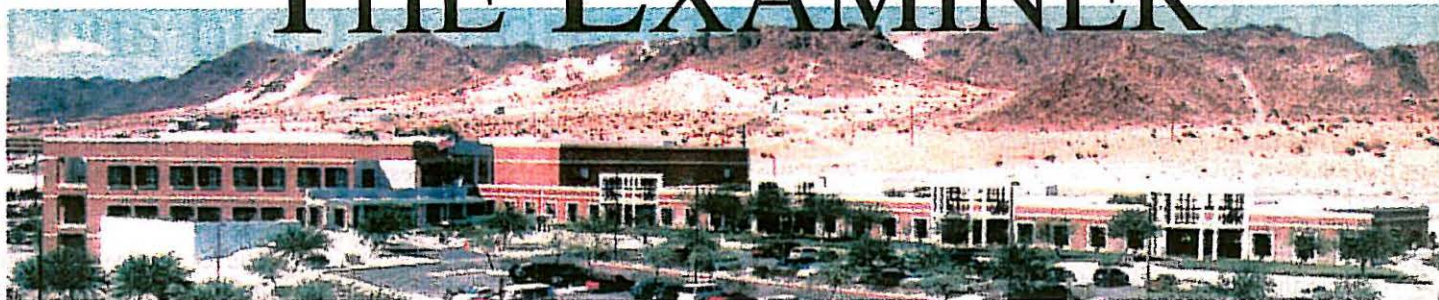




THE EXAMINER



Robert E. Bush Naval Hospital, Twentynine Palms, California

Volume 11, No. 10

"Serving with Pride and Professionalism"

October 2003

Happy 228th Birthday U.S. Navy!

New DFA Opts For Mojave Over Maui

By Dan Barber, Public Affairs Officer
Robert E. Bush Naval Hospital

If you had the choice of walking the sands of a Maui, beach or the sands of the Mojave Desert, what would you choose? For Lt. Commander Corazon Rogers, the choice was easy... the Mojave Desert.

Rogers, whose hometown is in Maui, Hawaii chose to come to Naval Hospital Twentynine Palms as its Director of Administration. "I love visiting my home and family in Maui, but it is too small for me," she said. Rogers really enjoys the wide-open spaces of the California desert. "I like being able to get in my car and go sight-seeing. In Maui you can't do that," said Rogers. Another draw to Southern California for Rogers and her husband, Carson, is the fact that their daughter, Teia, is going to college in Whittier, California, which is about a three-hour drive from Twentynine Palms.

Rogers began her naval career right after she graduated from high school when she enlisted in the Navy. She attended Boot Camp in

Please see NEW DFA on page 7



Highlights...

Get ready to fight off infection! Colds and flu are the leading cause of visits to the doctor, leading cause of school absenteeism and the leading cause of missed work. What are the symptoms of colds and flu? How can you tell which you have? *page 2*

In a recent series of articles posted by the Food and Drug Administration (FDA), the Office of Women's Health (OWH) discussed several key points to remember when taking supplements or generic brand medicines. *page 3*

It's that time of year already! The fall IPRT will be held October 25 - 31. There will be an early session, Oct. 3, at 7 a.m., for individuals who will be on leave or TAD during the scheduled week. *page 6*

The Examiner can now be viewed online at: www.nhtp.med.navy.mil
For comments drop an e-mail to: d.barber@nhtp.med.navy.mil

TRICARE Encourages Sponsors to Wrap Their Newborn Babies in DEERS



The Robert E. Bush Naval Hospital recently opened a state-of-the-art birthing unit, one of which is pictured at the left, to help families welcome their new family member.

At birth, a newborn baby is often wrapped in a blanket for added warmth and protection.

The Department of Defense also offers newborns a blanket of protection. As a beneficiary of the Military Health System, enrolling your newborn son or daughter in the Defense Enrollment Eligibility Reporting System (DEERS), provides you with the comfort of knowing your baby is

Please see TRICARE on page 7

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Here's To Your Health...

Tis the Season to Pay Attention to Cold and Flu Prevention

*Martha Hunt, MA Health Promotions Coordinator
Robert E. Bush Naval Hospital*

Get ready to fight off infection! Colds and flu are the leading cause of visits to the doctor, leading cause of school absenteeism and the leading cause of missed work. What are the symptoms of colds and flu? How can you tell which you have? Cold symptoms include sneezing, scratchy & sore throat, mild cough, and runny nose. Most people recover from colds in 2 days to 2 weeks. Flu symptoms include chills, headache, dry cough, body aches, and fever. After a few days, you can also develop nasal congestion and a sore throat.

How do you catch a cold or the flu? Cold viruses are mostly spread by direct contact. For example, a person with a cold may touch their face or nose, spreading even just a little mucus onto their hands. This person then transfers the virus to another person by shaking hands or other direct contact. This newly infected person then touches their nose or mouth and this allows the virus to enter their body.

Flu viruses are spread in the air. If a person with the flu sneezes, coughs, or speaks, the air is filled with small droplets of mucus that contain the flu virus. Then you breathe this contaminated air, and become sick with the flu.

What are the best way to prevent the spread of colds and flu? Wash your hands! Use soap and warm water. Wash all of your hand surfaces, including your wrists, and wash for at least 10 seconds. Use the towel to turn off the water faucet so you don't re-contaminate yourself with cold and flu viruses.

Cover your nose and mouth when you sneeze and cough! Didn't your Mom teach you this as a kid? Well, she was right. Covering your mouth and nose when you sneeze or cough prevents you from giving your flu or cold to someone else.

Clean and disinfect high traffic areas in your home! The kitchen, bathroom, and kids areas are high contamination areas in your home. By keeping them clean and disinfected, you kill most of the viruses causing the flu.

An easy to make disinfecting solution is 1/2 cup of bleach in one gallon of warm water. However, if using a bleach solution on children's toys, use only one tablespoon of bleach in one gallon of water. Remember! Never mix bleach and ammonia as a cleaning solution!

New and Improved TRICARE Web Site Features Enhanced Search Engine

WASHINGTON -- The Health Affairs (HA) and TRICARE Management Activity (TMA) Web sites are now consolidated into one resource for the Military Health System. In addition to a standard look and feel throughout the Web site, There are many upgrades that include a more robust search engine, text-only A-to-Z browsing, additional quick links and resources, and consolidated news and news sources. Users will find it easier to navigate for regional information, TRICARE Fact Sheets, the TRICARE Handbook and pertinent HA Policy Information.

There are three portals to access the new site, depending on the users needs. The TRICARE Beneficiary portal (www.tricare.osd.mil) contains beneficiary information. The TRICARE Provider portal (www.tricare.osd.mil/provider.cfm) contains links for provider certification as well as other information.

The Military Health System portal (www.ha.osd.mil) contains HA and TMA organization information; MHS strategic plans and policies; and messages from Dr. William Winkenwerder Jr., assistant secretary of defense for health affairs.

There are new search options to help the infrequent Internet user. The search upgrade also includes the ability to search different categories simultaneously. These can be as general or as specific as the user needs, such as searching the entire site or by format (e.g., Web sites, TRICARE Handbook, news releases, fact sheets, etc.)

Life's Lesson...

After eating an entire bull, a mountain lion felt so good he started roaring. He kept it up until a hunter came along and shot him... The moral: When you're full of bull, keep your mouth shut.

--Will Rogers

No cure for a cold or the flu is available, but many over the counter medications may help relieve symptoms. Ask the pharmacy or call the nurse advice line for more information.

Suggestions for treating a cold or the flu:

Get plenty of bed rest

Drink LOTS of fluids

Take a safe pain reliever for headache and fever. ALWAYS ask a health care provider before giving any pain medication to children under the age of 20 years.

Use over the counter medications for congestion, cough or nasal discharge

For flu, a flu vaccination can help prevent flu or lessen the severity if you do get it.

Taking large doses of Vitamin C has never been proven to help prevent colds or the flu. In fact, taking too much of any vitamin or supplement can be harmful! Ask the pharmacy about safety of any vitamin or supplement before taking it!

The best way to prevent getting a cold or the flu is by basic good hygiene! Your mom told you to cover your mouth and wash your hands for a reason; so you would be healthier and happier.

Kick the habit and learn to become tobacco free!

The Naval Hospital Health Promotions Program offers tobacco cessation classes. Classes are offered at two convenient times of noon and 5:30 p.m.

To sign up, call Health Promotions at 830-2814. The next set of tobacco cessation classes will start Oct. 14. Call now before it all goes up in smoke!

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The Examiner welcomes your comments and suggestions concerning the publication. Deadline for submission of articles is the 15th of each month for the following month's edition. Any format is welcome, however, the preferred method of submission is by e-mail or by computer disk.

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Patient Safety...

Information From the Office of Women's Health

By Lt. Daniel Anthony
Risk Management Advisory Committee
Robert E. Bush Naval Hospital

In a recent series of articles posted by the Food and Drug Administration (FDA), the Office of Women's Health (OWH) discussed several key points to remember when taking supplements or generic brand medicines. Focusing on four key messages—read the label, avoid problems, ask questions, and keep records—the OWH hopes to communicate the need for women to focus on their own health.

According to Smith Barney Research, women make three-fourths of the healthcare decisions in American households and spend almost two of every three healthcare dollars. Ironically, women often neglect their own health by putting themselves last. Marsha Henderson, the director of the OWH health programs stated that when women pay attention to their own healthcare needs, everyone benefits.

One of the first places to begin, according to the OWH, is with a review of the facts about

Healthwatch...

Eat your Fruits and Vegetables Five-A-Day for Better Health

By Aveline V. Allen, Bureau of Medicine and Surgery Public Affairs

WASHINGTON - Five-A-Day for Better Health is a national nutrition program encouraging Americans to eat five or more servings of fruits and vegetables every day. Colorful fruits and vegetables provide a wide range of vitamins, minerals and fiber to maintain good health.

"Green, red, blue-purple, yellow-orange and white provide different nutrients that work together to prevent illness and protect health," said Lori Tubbs, MS, registered dietitian and nutrition program manager, Navy Environmental Health Center (NEHC), Portsmouth, Va.

"An emphasis on eating more colorful fruits and vegetables rich in nutrients is currently being taught to Sailors and Marines by dietitians and health educators in health promotion programs (throughout the Navy and Marine Corps)," she said.

"In addition, mess specialists who attend the Health Promotion at the Mess Deck Program learn new ways to add these important food groups to menus and meals offered in galleys," said Tubbs.

"This two-day course is co-facilitated by the Navy Supply Center and NEHC dietitians for Navy Food Service Management teams interested in training staff on health promotion initiatives and healthy culinary skills."

Awareness campaigns are succeeding in getting Americans to understand the need to eat better, but research supported by the Centers for Diseases Control and Prevention (CDC) shows that 76 percent of Americans are still not eating the recommended daily amount of fruits and vegetables.

"Naval nutrition initiatives such as healthy vending machines, commissary 5-A-Day logo and banner displays, and health fairs are increasing awareness among Sailors and Marines and their families to increase fruit and vegetable intakes," added Tubbs.

Tubbs provided the following helpful hints from the National Cancer Institute:

- Have a fruit or juice with breakfast
- Stock up on dried, frozen, and canned fruits and vegetables
- Grab a portable fruit, apple, orange, banana, or pear, to eat on the go
- Snack on raw veggies such as carrots, broccoli and celery
- Add strawberries, blueberries or bananas to waffles, pancakes or toast
- Mix fresh or frozen vegetables with pasta
- Jazz up soups or sauces with a can of kidney beans, peas, or corn.

Anger Management Classes Held at Hospital

The Robert E. Bush Naval Hospital's Mental Health Department is conducting monthly Anger Management Classes every third Wednesday from 1 to 2:30 p.m., in the Mental Health Department Group Room.

All eligible beneficiaries are welcome to attend this class. It is requested that participants should check in at least 15 minutes prior to class start time.

dietary supplements and generic medications. Dietary supplements are products that people use in addition to the food they eat. They range from traditional vitamin and mineral tablets to newer herbal and botanical substances. By law, the FDA cannot review or evaluate the safety or efficacy of the ingredients in these products before they are sold.

Some supplements may be good for you while others may be harmful. Information about these products, therefore, must come from the manufacturer, pharmacist, or other healthcare professional.

Generic medicines, on the other hand, are regulated by the FDA, which ensures that generic products are proven to work the same as the brand name medicine. One difference between generic and brand name pharmaceuticals is the lower price.

Here in America, we have been offered generic products and alternative supplements for many years. It is important to fight complacency on this matter and always know exactly what drug it is you are taking and which ones are FDA regulated and which are not. In this way, we can all make a difference starting with ourselves.

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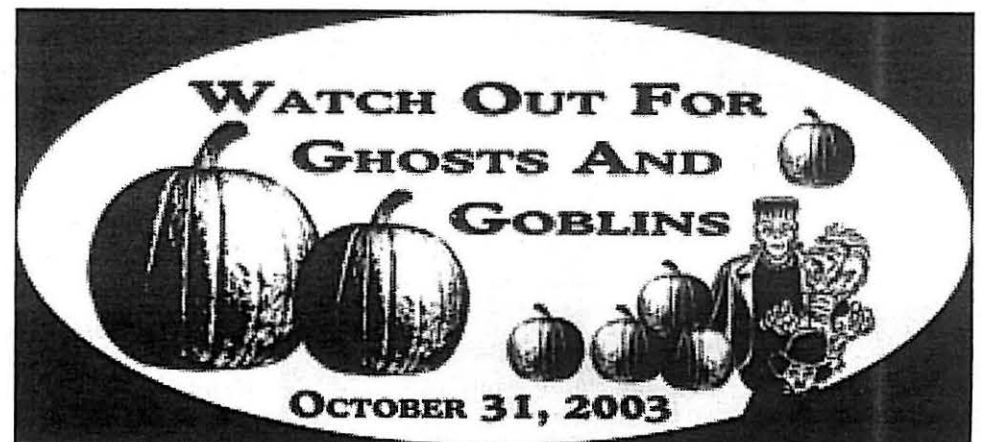
LOCATION, DATE & TIME:

Naval Hospital Twentynine Palms

Classroom 3 (behind Family Practice Clinic)

Every Monday 10 a.m. -noon

Breast Education Center 830-2501



Naval Hospital Hard Chargers...



Ensign Ramaud Love, left, is presented a Navy and Marine Corps Commendation Medal from Captain Alan R. Rowley, Executive Officer of Naval Hospital Twentynine Palms.



Lt. Cmdr. Maureen Farrell, right, takes the oath during her recent promotion ceremony.



HM2 Clark, left, receives a Letter of Appreciation from Capt. Rowley. Clark was on Temporary Assigned Duty to the Laboratory Department here, from Naval Medical Center San Diego.



HM2 Erin Sjaarda, right, of the hospital's Physical Therapy Department, receives her second Good Conduct Medal from Capt. Rowley.



Lt. Daniel Sikkink, right, of the OB Clinic receives a Navy and Marine Corps Commendation Medal from Captain Lynda A. Salmond, Commanding Officer, Naval Hospital Twentynine Palms.



HM2 Kevin Foster, left, of the Preventative Medicine Department, receives his second Good Conduct Medal from Capt. Rowley.



HM2 Randy Howie, left, of Military Sick Call, receives his Honorary Desert Rat Certificate from Capt. Rowley.



HM3 Kari Riggs, right, of the Family Practice Clinic, is presented a Navy and Marine Corps Achievement Medal from Capt. Rowley.



HM3 Linsey Elliott, right, of the Emergency Medicine Department is presented her first Good Conduct Medal by Capt. Rowley.



HM2 Vandenberg, left, on Temporary Assigned Duty from Naval Medical Center San Diego to the Laboratory Department here receives a Letter of Appreciation from Capt. Rowley.



HM3 Joseph Rivet, left, of the Family Practice Clinic receives his second Good Conduct Medal from Capt. Rowley.



HM3 Sergio Rodriguez, right, of CSR receives his first Good Conduct Medal from Capt. Salmond.

More Hard Chargers on page 8...

Are You Ready for the Fall Physical Readiness Test?

It's that time of year already! The fall PRT will be held October 25 – 31. There will be an early session, Oct. 3, at 7 a.m., for individuals who will be on leave or TAD during the scheduled week.

Also, a straggler day will be held Nov. 14, at 7 a.m., for those individuals who had a legitimate and unforeseen reason to miss the normal week.

The first regular session will be Saturday, Oct. 25, at 7 a.m. Monday Oct. 27, through Thursday Oct. 30, there will be three sessions a day for individuals doing the mile and a half run, 6:30 and 8 a.m., and 2 p.m.. On Friday there will be two sessions, 6:30 and 8 a.m.

Three 450-meter swim sessions are tentatively scheduled for Tuesday, Oct. 28, through Thursday, Oct. 30, at 9:30 a.m. If the pool becomes unavailable these sessions may be converted to run sessions at the discretion of the Command Fitness Leader.

The PRT sign up book was placed on the Quarterdeck in September.

Those who are unsuccessful in meeting the PFA standards (both PRT and BCA) are enrolled in the Command's Fitness Enhancement Program (FEP).

As a member of the FEP individuals are required to be monitored on a monthly basis either by completing the mock PRT and/or a monthly BCA. Individuals who show continued improvement on their own must only participate in the monthly monitoring. Individuals who are not successful at improving their fitness situation are then placed in the Command's mandatory PT program and are to muster at 6 a.m., Monday, Wednesday, and Fridays for supervised PT. Members are ultimately removed from the FEP after completing two PFAs with an overall PRT score of Good Low or better and within BCA standards.



Halloween Safety Tips

By LTJG Johnathon S. Hawkins, Emergency Medicine Department
Robert E. Bush Naval Hospital

It's that time of year again, and here are some important safety tips to keep kids safe this Halloween:

- * Wear reflective clothing or put a flashing light on the back and front of clothing.
- * Make sure costumes are fire-retardant.
- * Make sure shoes fit well and costumes are short enough to prevent tripping or entanglement.
- * Each person should carry a flashlight with fresh batteries.
- * Remind children to stay in a group and not go off alone.
- * Children should not accept rides with strangers or anyone not verified by a parent or guardian.
- * Always use the sidewalk and stay on well-lighted streets.
- * Avoid carrying lighted candles or lanterns with a flame. They are fire hazards.
- * If you use a candle on a jack-o-lantern do not leave it unattended.
- * Remind children not to dart out into the street between parked cars or in the middle of an intersection. They should obey all traffic laws and signals.
- * Do not allow young children to go out unaccompanied.
- * Remind children not to eat any candy until it has been checked by an adult.
- * Masks should allow for clear line of vision in all directions. A better alternative is to use makeup and accessories instead.
- * Many malls or organizations sponsor trick-or-treat times for young children—this is a safe atmosphere.
- * A reminder for parents of small children that small candy, peanuts, and gum balls may be choking hazards.
- * Restrain your pets to prevent interaction with trick-or-treaters and to keep pets calm and safe.
- * Make sure pathways are well lit.

Information obtained with permission from the Emergency Nurses Association (ENA) Injury Prevention Institute / EN Care at www.ena.org

Life's Lesson...

You know you're getting old when you sing along with the elevator music.

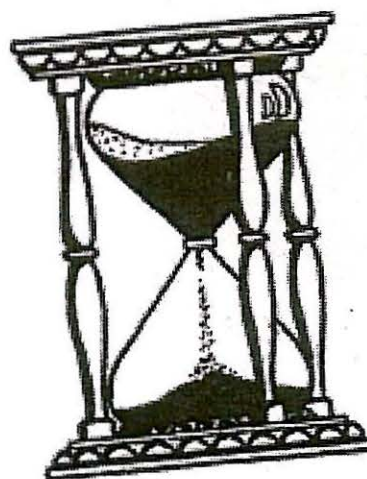
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Oct. 26, 2003

Upcoming Diabetes Class Schedule

The Internal Medicine Clinic of the Robert E. Bush Naval Hospital offers a series of "Diabetes Self-Management Classes."

The schedule of classes is as follows:

Traveling With Diabetes

Oct. 23, from 3 to 4 p.m.

All classes are held in the Family Practice Clinic Classroom 3.

Anyone with diabetes or interested in learning more about diabetes is welcome to attend.

For more information call Lt. Julie Lundstad at 830-2175.

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TWO MILE ROAD 60 acres. Perfect for a new subdivision for senior living.

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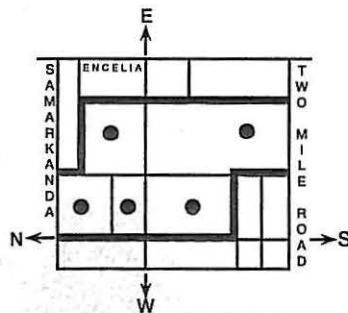
\$20,000 (mls# 2001191).



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Depression and Pregnancy Workshop

Every Thursday in the Mental Health Clinic
Conference Room of the Robert E. Bush Naval
Hospital from 12:30 to 2 p.m.

For more information call 830-2584 or 830-2935

NEW DFA...

Continued from page 1

Orlando, Florida, then Hospital Corps School at the Naval Hospital Corps School at Great Lakes, Ill.

Following graduation in 1981, Rogers reported for her first duty assignment at Naval Hospital Pensacola, Florida. She worked there as a General Duty Ward Corpsman; in the Emergency Medicine Department and the Radiology Department. Rogers then was assigned to U.S. Naval Hospital Okinawa, Japan, where again she worked on a Ward as a General Duty Corpsman and before leaving became an Operating Room Technician through on the job training.

In 1984 Rogers returned to Naval Hospital Pensacola where she worked in the Internal Medicine Clinic as the Leading Petty Officer. She was then assigned to the Navy Military Personnel Command (NMPC) at the Navy Annex in Arlington, Virginia, as an Administrative Assistant for the officers detailing shop.

While in Arlington, Rogers took advantage of her off duty time to attend Park College in Maryland where she earned her Bachelor of Science degree, majoring in Health Services.

Rogers was commissioned an Ensign in the Medical Service Corps in 1989. She then attended the Officer Indoctrination School prior to being assigned to Naval Hospital Orlando, Florida. While at Orlando, Rogers worked at first as a Special Projects Officer, then as an Administrative Assistant. She then became the Patient Administration Department Division Officer and eventually the Patient Administration Department Head. "My advice to junior officers is to make a lasting contribution to the command, so when you look back at the end of your tour, you can say, I made an impact to the mission of the command," said Rogers.

Rogers made such an impression on her superiors, that she was then selected as the Officer in Charge of the Branch Medical Clinic at the Naval Amphibious Base in Coronado, Calif. During this tour of duty, Rogers earned a Master of Arts degree in Business Administration from Chapman University.

"The Navy thought that I was having way too much fun in Coronado, so they gave me the job as Officer in Charge of the Clinic at the Marine Logistics Base in Barstow, Calif." said Rogers. "Little did they know that I also really enjoyed that tour," she added.

Following this assignment, Rogers was then sent to the Navy Personnel Command (NPC), now located in Millington, Tennessee, in the Family Practice and General Medicine detailing shop. "I was the first MSC officer assigned to detail the Family Practice community," said Rogers. From NPC, Rogers decided that she wanted to return to the desert, so she requested to be sent to Naval Hospital Twentynine Palms.

Rogers now resides in Yucca Valley with her husband, Carson, and their dog, Missy. "We had to adopt a dog after our daughter left for college to help us avoid the empty nest syndrome," said Rogers.

According to Rogers, her future has many options. "I enjoy what I'm doing now, but I really love working in patient care," said Rogers. "If I can get back to the patient care area, that would be my choice," she added. "Maybe I'll go on to another duty assignment, or maybe I'll retire pursue a career that would put in a step closer to patient care," she stated.

Either choice Rogers opts for; it will be another chapter in her success story.

TRICARE...

Continued from page 1

TRICARE eligible and will continue receiving the essential well baby and pediatric health care here at the Naval Hospital he or she needs.

As a parent of a newborn, one of the first decisions you probably made was deciding on a name for your new "bundle of joy". As a TRICARE beneficiary, the second and most important decision you should make is to enroll your newborn baby in DEERS as soon as possible after birth.

Uniformed Services sponsors are responsible for keeping their family members' TRICARE eligibility in DEERS current and up-to-date. By enrolling your newborn in DEERS, you establish TRICARE eligibility for the baby and avoid potential claim problems or other financial hardship in the future if your baby is not properly enrolled.

A newborn infant is covered as a TRICARE Prime beneficiary in DEERS for the first 120 days after birth—as long as one additional family member is enrolled in TRICARE Prime or TRICARE Prime Remote. After the initial 120 days, any claim submitted for a newborn will process as TRICARE Standard until the infant is enrolled in DEERS and TRICARE Prime, or the infant's TRICARE Standard eligibility ends. Eligibility for TRICARE Standard benefits ends 365 days after birth for any newborn infant who is not enrolled in DEERS.

To establish TRICARE eligibility in DEERS, parents or legal guardians are required to submit a certificate of live birth from a hospital or TRICARE approved birthing center and a copy of a verified and approved DD Form 1172 "Application for Uniformed Services Identification and Privilege Card" signed by the sponsor.

More Hardchargers...



Lt. Cmdr. Michelle Koellermeier, right, of the OB Clinic is presented with a Navy and Marine Corps Commendation Medal from Capt. Salmond.

Lt. Cmdr. Kaare Tingelstad, left, of the Family Practice Clinic is presented his Honorary Desert Rat Certificate from Captain Jacqueline Mitchell, Senior Nurse Executive.



HM3 Steven Williamson, right, of the Optometry Clinic, receives his first Good Conduct Medal from Capt. Rowley.

SKCS Dean Anderson, left, of the Material Management Department receives a Navy and Marine Corps Achievement Medal from Capt. Rowley.



Lt. Joshua Anderson, left, of the hospital's Pharmacy Department receives his Honorary Desert Rat Certificate from Capt. Salmond.

Lt. Matthew Martin, right, of the Family Practice Clinic receives a Navy and Marine Corps Achievement Medal from Capt. Rowley.

